



# Pineapples

## Fact Sheet



### **Where did they come from?**

Pineapple, a tropical fruit with a sweet flavor and juicy flesh, is native to Central and South America. In 1493, Christopher Columbus discovered pineapples growing on the island of Guadeloupe and brought them back to Queen Isabella of Spain. During the 17<sup>th</sup> century, pineapples became a very popular fruit throughout Europe and were grown in greenhouses. In the 18<sup>th</sup> century pineapples were taken to the Hawaiian Islands.

### **Where do they grow?**

Pineapple is grown in many tropical regions around the world but Hawaii is one of the top major producers of this fruit. Some fresh pineapples are imported from Costa Rica, Honduras, Mexico, Dominican Republic, El Salvador, Ecuador and Nicaragua and many of our canned pineapples are imported from the Far East. Pineapple is available year round with peak season ranging from March through July.

### **How do they grow?**

Pineapples are grown from the crowns or tops of other pineapples. It takes a long time to grow a pineapple! The flowering process of a pineapple does not begin until the plant is one year old. After one year, the flower bud, which is small, pink and looks like a pinecone begins to grow until it becomes the pineapple fruit. It takes about 6 months for the plant to produce the fruit. The starch content of the pineapple is stored in the stem of the plant. Just before the fruit ripens, the starch converts to sugar and enters the fruit. Pineapples are harvested when ripe and, therefore ready to eat once they reach the supermarkets. To ensure they are picked at their peak, for ripeness and flavor, the sugar content is tested in the field. After they are picked, pineapples are shipped quickly, arriving to markets within 2 to 3 days.

### **Are they healthy?**

- ✎ Excellent source of vitamin C
- ✎ Contains bromelain, an enzyme helping the body's digestive system

### **How do you pick a good one?**

- ✎ Choose fresh looking ones with deep green leaves that are heavy for their size
- ✎ Use your nose! A sweet aroma is the best way to pick a good pineapple!
- ✎ Ones with a label or tag indicating it was jet-shipped from Hawaii
- ✎ Avoid those that look old or dry, contain bruises, soft spots or brown leaves

👉 Avoid those with sour or fermented odors

# 😊 FUN FACTS! 😊

## Pineapples

### Did you know...

- 😊 Did you know one serving, a ½ cup, of fresh pineapple contains only 60 calories and 25% of your daily recommended vitamin C?
- 😊 Did you know the name pineapple was derived from the word “pina” because Spanish explorers thought the fruit looked like a pinecone? (The English added the word “apple” to associate it with juicy luscious fruits.)
- 😊 Did you know “halakahiki” is pineapple in Hawaiian?
- 😊 Did you know Hawaii was the first to can pineapple?
- 😊 Did you know the Caribbean Indians placed pineapples or pineapple crowns outside the entrances of their homes to symbolize friendship and hospitality?
- 😊 Did you know just 2 slices (½ cup) of pineapple counts as one serving of your 5 a day?
- 😊 Did you know pineapple can be enjoyed in many ways?  
(Eat fresh, canned or dried pineapple and drink pineapple juice.)
- 😊 Did you know there are four types of pineapples?  
(Gold, Smooth Cayenne, Red Spanish and Sugar Loaf; Gold is the newest variety with an extra sweet flavor, golden color and higher vitamin C content.)
- 😊 Did you know the average pineapple weighs 2 – 5 pounds?
- 😊 Did you know a good way to distribute a pineapple’s sugar content, throughout the fruit, is to stand it upside down for a few days? (This allows the sugar to flow towards the top.)

**Remember ...Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

### DOD (Department of Defense) Special:

- ✓ Pineapple Push-Ups from DOD approximately \$.45 -.50 cents each
- ✓ Call Leslie Bowen to place orders: 1-800-795-3523
- ✓ An assortment of fresh and pre-cut fresh produce is available from DOD at economical prices

#### **Presentation Meal Appeal -----**

A Simple Smile Makes  
All Meals Taste Better!  
Remember Kids are Your  
Customers!

### RECIPES:

- ✓ Try a new recipe with pineapple ---  
Ambrosia (see attached) Pineapple Bread (see attached)  
Pineapple-Orange Dipping Sauce: Offer with chicken nuggets! (see attached)  
Orange-Pineapple Gelatin (USDA C-11) Sweet and Sour Pork (USDA D-36)
- ✓ Offer pineapple as a fruit component for breakfast, lunch or After School Snack
- ✓ Try pineapple as a new flavor of juice for breakfast
- ✓ Try preparing a Pineapple Upside Down Cake using crushed pineapples
- ✓ Offer pineapple as a pizza topping with Canadian ham/bacon --- Hawaiian Style Pizza!
- ✓ Serve grilled chicken or baked ham topped with pineapple slices or chunks
- ✓ Offer fresh Pineapple Push-Ups as a healthy a la carte snack

### MARKETING:

- ✓ Contact Dole, Nicholas Schneider, for super resources!  
Phone: (973) 402-1192 nicholas\_schneider@na.dole.com
- ✓ Check out the Dole web site for ideas [www.dole5aday.com](http://www.dole5aday.com)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### **Quality:**

Serve Fruit that is  
Pre-Chilled to at  
Least 40°F!

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Example: Pineapple Power!*)
- ✓ Feature "Yellow Day" on the day that you offer pineapple on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing yellow
- ✓ Turn your salad bar into a self-serve fruit topping bar for breakfast.  
Give students a 4 ounce portion of low fat yogurt and let them create a breakfast parfait at the fruit topping bar.
  - ✓ Offer fresh fruits in season
  - ✓ Utilize commodity frozen, canned fruits (crushed pineapples) and dried fruits
- ✓ Distribute to younger grades the "School LUNCH Coloring Page" from your "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 40. Offer prizes for each grade level.
- ✓ Hang these colored lunch pages around your cafeteria as decorations.

#### **Safety:**

Maintain  
Temperature of  
Cold Foods ---  
at 40°F or Below!



## **School Food Service Link.....**



## **School Food Service Recipes**



### **Ambrosia**

Yield: 75 each 5 oz. Portions, 1 serving = 1/2 cup fruit

#### **Ingredients:**

- 1 each #10 can pineapple, peaches, apples
- 1 bag Instant Vanilla Pudding
- 3 ½ cups Low Fat Milk
- 15 ounces Thawed Orange Juice Concentrate
- 2 lbs. Low Fat Sour Cream

#### **Directions:**

- 1- Mix 1 each #10 can, drained, of the following: pineapple, peaches and apples.
- 2- Blend the following on low speed till smooth: 1 bag instant vanilla pudding, 3 ½ cups milk & 15 oz. thawed orange juice concentrate
- 3- Add 2 lbs. of sour cream to pudding mixture.
- 4- Fold pudding mixture into fruit.
- 5- Pour into 4" steam table pan and chill.

### **Pineapple-Orange Dipping Sauce** Yield: **Approx. 1 ¼ gallon**

#### **Ingredients:**

**Recipe From:** Dole "5 A Day Kids' Cookbook"

- 1 each # 10 can Crushed Pineapple in Juice
- ¾ cup Cornstarch
- 3¼ cups Orange Juice
- ¾ cups Barbecue Sauce

#### **Directions:**

Pour undrained pineapple into a processor, mixer or blender. Process or mix until it is a thick puree. Pour pineapple into a saucepan and add cornstarch; blend. Add orange juice and barbecue sauce; blend. Bring to a boil, and then reduce heat and simmer, stirring until sauce thickens, about 3 minutes. Remove from heat. Serve warm with nuggets.

### **Pineapple Bread**

#### **Ingredients:**

- 15 each Eggs
- 2 ½ cups Sugar
- ¾ cup Flour
- 1 each # 10 can Pineapple
- 6 each 6" Steak Rolls
- 1 lb Butter or Margarine\*

*\*Try using less as it will reduce the fat content!*

#### **Directions:**

- 1- Beat eggs well.
- 2- Add sugar, flour, pineapple, eggs and mix well.
- 3- Pour into greased 2" full size steamtable pan.
- 4- Dice rolls and spread over top of liquid mixture in pan.
- 5- Melt butter or margarine.
- 6- Pour melted butter/margarine over top of mixture.
- 7- Bake at 350°F for 50 minutes in convection oven.  
(Conventional Oven: Bake at 400°F for 60 minutes)
- 8- Serve warm.
- 9- Cut 5x10 for 50 servings; 1 portion = ¼ cup fruit bread component varies based on weight of roll; approx. ¼ bread/grain  
Cut 5x5 for 25 servings; 1 portion = ½ cup fruit bread component varies based on weight of roll; approx. ½ bread/grain